



Race Announcement

Cochran's Holiday Slalom (VARA Open)

February 6, 2016

Cochran's Ski Area, Richmond, Vermont

Race Format:

- Race Trail: I-89
- Slalom - Women 27 mm, Men 30 mm
- 2 Runs Men and Women:
 - o 1st run - seeded based on points (list 816), top 15 random
 - o 2nd run - Bibbo flip 30/ finish order; first run DNF's and DSQ's run last

Race Day Schedule:

- Bib Pick-Up- 12:30 - 1:30 in ticket booth (left of lodge); **Please bring signed waiver (below).**
- Jury and Course Setting - 12:45
- Captain's Meeting – 1:15 at the finish area
- Course Inspection – 1:30 - 2:15
- First Run – Ladies 2:30, followed by Men
- Second Run- approximately 5:00
- Awards- 30 minutes after completion of second run; top 3 overall and top 3 U16, each gender

Registration: Registration is online at adminskiracing.com. VARA team can use the online system. Other comped athletes and those requiring mail-in registration, please contact Wendy Gagliardi at wgagliardi@gmavt.net. **ABSOLUTELY NO REGISTRATION WILL BE ACCEPTED AFTER 10 AM ON 2/5/16 AND NO REFUNDS WILL BE ISSUED AFTER THIS TIME.**

Race Fee: \$65

Parent Lift Tickets: Parent tickets are available in the lodge for \$10. Kids 5 and under ski free with the purchase of a parent ticket.

Directions to Cochran's: From Interstate 89 at Exit 11 in Richmond proceed east on Route 2 to Richmond Village. Turn right at the stop light onto Bridge Street. Continue on Bridge Street over the red bridge to the Old Round Church (on left). Just past the Round Church turn left on Cochran Road. Drive approximately one mile; the ski area is on the right. **Please obey posted speed limits on Cochran Road as Richmond Police patrol it regularly.**

Parking: Upper and lower parking lots available. Please be aware that Cochran's Ski Area has youth ski lessons in the morning that will end at 1:00. Please be courteous of these children and parents in the parking lot, in the lodge, and on the hill! If possible please carpool. A limited amount of drop off parking is available in the upper parking lot. Please clear the drop off area after dropping off your racer. **Please do not park on Cochran Road; we have been informed cars will be towed if parked on the road.**

We're Looking Forward to a Fast and Fun-Filled Day!!



COCHRAN'S SKI AREA

Race Day Medical Plan

Trails: I-89 and Race Trail

Race course is manned by race officials and Ski Patrol. Sled and patroller will be at top of course. Patrollers rotate as needed.

Treatment facilities:

Immediate care and care for minor injuries (bumps, bruises, etc) at the base lodge Ski Patrol room, which is fully equipped for basic first aid.

For more serious injuries, Richmond Rescue (ALS) Ambulance is dispatched from the Richmond village (5 minutes from ski area). Patients will be transported to the University of Vermont Medical Center, a Level 1 Trauma Center, in Burlington, VT (30 minutes from ski area).

If Richmond Rescue is unavailable, UVM Rescue ambulances serve as backup.

Cochran's Ski Area
SNOWBOARDER AND SKIER RELEASE
ACKNOWLEDGMENT AND ASSUMPTION OF RISK
AND
WAIVE AND RELEASE FROM LIABILITY

I _____, know that skiing and snowboarding competitions and events are action sports carrying significant **RISKS, DANGERS, AND HAZARDS** that may cause serious personal injury, death or property damage. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and manmade obstacles and structures, course design or maintenance, the design or condition of any equipment used by me (whether or not such equipment is specified, recommended or provided to me by "Cochran's as defined below), equipment failure, collisions with objects or structures, being struck by skiers, snowboarders, or equipment, and exceeding one's own abilities. I further understand that a competition may be more hazardous than recreational skiing or snowboarding. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others. I agree that I alone **ASSUME THE RISK AND AM RESPONSIBLE FOR:** (a) my safety while participating in competitive events and/or training for competitive events and (b) providing, utilizing and maintaining the equipment necessary for the safe enjoyment of my participation in such events and (c) I specifically acknowledge that Cochran's Ski Area Inc., the ski area, the Cochran's Ski Club, any agent, representative, officer, director, employee, member or affiliate of any person or entity named above (hereinafter collectively referred to as "Cochran's") are not responsible for my safety

Being fully aware of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, **I HEREBY FREELY AND VOLUNTARILY AGREE TO WAIVE, RELEASE, DISCHARGE AND HOLD HARMLESS** Cochran's from any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against Cochran's whether such injury or damage was foreseeable or not, including, but not limited to, any claims arising from the **RISKS, DANGERS, AND HAZARDS** identified above. I specifically **WAIVE, RELEASE, DISCHARGE AND HOLD HARMLESS** Cochran's from any liability whether known or unknown, even that liability which may arise out of negligence or carelessness on the part of Cochran's. I agree to accept all responsibility for the risks, conditions and hazards, which may occur whether they be known or unknown.

I further agree to forever **HOLD HARMLESS** and **INDEMNIFY** Cochran's, generally and specifically, from any and all claims, causes of action and liability for death, personal injury or property damage, resulting in any way from my participating in competitive events or training for competitive events. I agree that I will accept and abide by the rules and regulations of Cochran's Ski Area Inc., and any other rules or regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Waiver and Release from Liability shall be binding upon my heirs, administrators, successors, and assigns.

I HAVE READ THE ABOVE TERMS OF THE CONTRACT UNDERSTAND THEM AND AGREE TO ABIDE BY THEM. I, THE UNDERSIGNED PARTICIPANT, ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE ABOVE CONTRACT.

PRINT

NAME: _____ AGE _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIPCODE: _____

HOME _____ PHONE: _____

DATE: _____ ZIPCODE: _____ Skier or Boarder: _____

Email _____

SIGNATURE: _____

Signature of Parent/Guardian (if Competitor is under 18 years old)